

Herald Union



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Serving the military communities of the 104th Area Support Group

April 28, 2005

News flash

IMO Conference May 17

All signal officers, information management officers and interested personnel are invited to attend the 102nd Signal Battalion's Information Management Officer Conference May 17 from 9 a.m. to 4:30 p.m. at the Hanau Community Activity Center on Fliegerhorst Kaserne. Registration starts at 8:30 a.m. To register before the day of the conference send an email to IMOConference@cmtymail.104asg.army.mil. Topics include EUCOM NETOPS, legal issues and information systems operations, ITSA, new cell phone contract and more. Call Willie Walker at mil 337-5929 for details.

Giant Rhein-Main yard sale

A Rhein-Main Air Base Closure Yard Sale will be held from 8 a.m. to 2 p.m. April 30. The sale at the base housing area will include 220-volt appliances, clothing, toys, furniture and German specification vehicles. The event is open to U.S. military ID card holders only. Call Michelle Wilkinson at civ (069) 6986 1883 weekdays from 8 a.m. to 5 p.m. for details.

Veterans benefits handbook

A new edition of Federal Benefits for Veterans and Dependents updates the rates for certain federal payments and outlines a variety of programs and services from the Department of Veterans Affairs and other federal agencies for American veterans. The handbook can be downloaded from the VA's website at www1.va.gov/OPA/feature or can be ordered for \$7 at (866) 512-1800.

Next 1st AD commander

The Department of Defense has tapped Maj. Gen. Fred D. Robinson Jr., director of operations, readiness and mobilization for the Army's Office of the Deputy Chief of Staff, to succeed Maj. Gen. Martin E. Dempsey as commander of the 1st Armored Division. (DoD News)

Theater needs actors, techs

The Bravo Army Theater Touring Company seeks five Soldiers to serve as cast and crew for its 2005 summer production of "Pvt. Wars" by James McClure. Deadline for application is May 6. Candidates must have a minimum of 90 days in service remaining after Sept. 28 and must be fully deployable worldwide with no restrictions of health, family or legal issues because Bravo may tour deployed combat areas overseas. Applications should be mailed to Army Entertainment Division, Attention: Bravo, P.O. Box 439, Fort Belvoir, VA 22060. Express mail should be sent to Army Entertainment Division, Attention: Bravo Auditions, 6091 Jackson Loop Bldg. 1434, Fort Belvoir, VA 22060. Call Timothy Higdon at (703) 806 3698, mil (312) 656-3698 or email timothy.higdon@cfsc.army.mil. Rehearsals are scheduled for May 31 to June 16 at Fort Belvoir, Va. (ARNEWS)



Photo by Martin Greeson

Getting realistic training with DIS-E in Giessen

Members of Giessen's 2nd Battalion, 3rd Field Artillery Regiment, train in the Hohe Warte Training Area using the new Deployable Instrumentation Systems Europe. The computer system allows Soldiers to track every participant in real time and tells Soldiers when they are "hit" with an audible signal through speakers attached to the Soldier. See page 14 for more photos.

Apply now for Summer Hire

ASG to feature youth on-the-job training program

By Karl Weisel

104th Area Support Group Public Affairs Office

Young people age 14-22 will once again have the opportunity to gain job experience and earn a salary in the Summer Hire Program which runs from June 27 to Aug. 5.

The Civilian Human Resources Agency Europe will accept applications through May 13 for the Summer Hire jobs which include clerical and child development positions and manual labor work.

Youths will earn \$5.14 per hour.

Participants must be unmarried family members of active duty military members or Department of Defense civilians. They must be age 14 and cannot be older than 23 during the Summer Hire period. Youths wishing to work in the child development positions must be at least 16 years old.

Vacancy announcements, a web-based application form and instructions are available online at www.chra.eur.army.mil. Applicants can also submit applications by email to Summerhire_Resumes@cpoceur.army.mil or by military post to CHRA, CPOC Europe Region, ATTN: Summer Hire Program, Unit 29150, APO AE 09100.

Youths in the Hanau area will also have an oppor-

tunity to receive training as part of a program managed by the 104th Area Support Group/Hessen Garrison's Human Support Services Office.

On the first day of work youths will attend a day-long orientation where they will learn about personnel and support services, Equal Employment Opportunity, safety, wellness and fitness, and developing the right attitude in preparation for the employment experience. At the end of the orientation, managers will pick up their new employees, introduce them to their place of work and explain their responsibilities, said

See Summer Hire on page 3

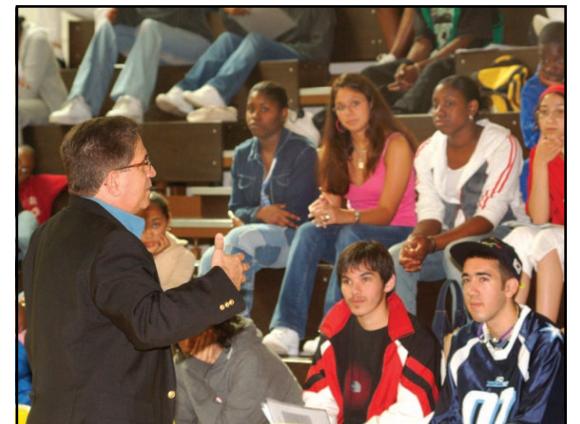


Photo by Karl Weisel

Youths attend a training session during last year's Summer Hire Program in Hanau.

Commentary

Feedback: *When does childhood become adulthood?*



Spc. Edxavier Rodriguez
1st Battalion, 94th Field Artillery Regiment, Baumholder

"When someone becomes responsible enough to get a job and support him or herself, the change happens. I became an adult at 17 when I joined the Army."



Wesley Dickerson
284th Base Support Battalion, Giessen

"Children become adults when they take responsibility for their lives and their actions."



Allie Brockman
Smith Elementary School student, Baumholder

"Children become adults after either going to college or about when they turn 20."



Pfc. Justin Green
104th Area Support Group, Hanau

"I'd say when you move out on your own — when you're paying your own bills. If you're successful at living on your own over time, then you're an adult."



Troy Lopez
284th BSB, Giessen

"I think once you understand your morals and values that you or your parents have established for you. As long as you don't grasp the concept of them you are still a child, but once you understand them you become grown."

Bell sends: Update on rebasing of U.S. forces in Europe

By Gen. B.B. Bell
U.S. Army Europe commander

In August of last year I described what our nation's plan to reorganize and reposition our forward deployed military force would mean, in broad terms, for the Army in Europe. It's time now to refine the picture a bit and give you a clearer understanding of the future.

The U.S. Army in Europe will reduce from its current force of 62,000 Soldiers, spread over 13 main operating locations across Europe, to approximately 24,000 Soldiers concentrated among four Joint Main Operating Base locations. These concentration locations include the following:

◆ **Wiesbaden area** — We expect this to be the future home of the combined USAREUR and Task Force 5 headquarters, our warfighting deployable command post capability, and some of our theater-enabling commands. We will relocate from our current headquarters complex in Heidelberg's Campbell Barracks, while continuing to support the NATO Allied Land Component Headquarters Heidelberg on Campbell Barracks.

◆ **Grafenwöhr area** — Here the Expeditionary Training Command will be joined by a Stryker Brigade, the modularized multifunction aviation brigade and additional theater-enabling commands.

◆ **Kaiserslautern area** — This will constitute our major service and sustainment hub where theater logistics and medical support will be concentrated.

◆ **Vicenza area** — This will be the home of the modularized and expanded 173rd Airborne Brigade Combat Team and a deployable command post of Task Force 5.

We expect our individual installations/caserns to decrease from 236 to 88 across Europe. The remaining footprint will provide us with a modern, 21st century stationing, training, power-projection and sustainment capacity for fully transformed, knowledge-based, flattened and joint-capable Army forces in Europe. Our 24,000 Soldier force will be stationed with families on modern, full-service bases. Achieving this footprint over the next five to 10 years will require some significant rebasing and restationing actions. Among them are:

We hope to begin moving the 1st Infantry Division back to the continental United States as early as 2006, and the 1st Armored Division back starting about two years later. These moves and the dates for them have not yet been approved, and if they are approved we will make early announcements. These returns will obviously be associated with the ability of stateside installations to receive them, and requirements to support the Global War on Terrorism. Other Corps and USAREUR units will relocate to the United States, merge or inactivate to meet our needs for the future.

We are already beginning to execute aggressive construction programs across our future Joint Main Operating Bases to ensure high-quality, modern facilities are available for our Soldiers and our families who will be stationed in Europe.

We are working with our Italian partners to procure sufficient space to station the full Airborne Brigade Combat Team.



Over time our Soldier population could increase by more than 1,000 in the Vicenza area.

We are also working to establish a rotational force (without families) presence in Eastern Europe. Our vision calls for up to brigade-size rotations of various types of forces (Heavy, Stryker, Airborne). We expect to have this rotational force fully operational in the 2008 timeframe. A small deployable command post similar to the one we will have in Vicenza will provide command and control of this force.

We will continue to provide support to both USEUCOM and SHAPE headquarters.

Associated with these actions will be a significant number of unit mergers, relocations, redeployments and inactivations, some of which have already been announced. If your unit is identified to be a part of any of these, there are resources available to help you start with your planning. The USAREUR Homepage has a link to an online copy of the *Commander's Checklist for Restructuring and Rebasing*. This document is the product of a thorough and coordinated effort by the USAREUR staff to cover the full range of activities relating to notifications, operations, training, logistics, public affairs, resource management and many others. Use this tool, and you'll be ahead of the game.

As our plans become more concrete, I will continue to keep you posted. Thank you for the great work you do every day in support of your nation, both in the Global War on Terrorism and in helping bring our vision of the future to reality. Your leadership, sacrifice and commitment make it possible for USAREUR to continue to execute with excellence Any Mission, Anywhere.

Herald Union masthead

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News flash

Mother's Day facts and figures

Here are a few facts to keep in mind when celebrating Mother's Day May 8: ✂ Estimated number of mothers of all ages in the United States — 82.5 million. ✂ Number of women who have babies each year — 4 million. Of this number about 425,000 are teens age 15-19, and more than 100,000 are age 40 or over. ✂ The odds of a woman delivering twins — one in 32. ✂ Her odds of having triplets or other multiple births — one in 540. (U.S. Census Bureau)

Thrift Savings Plan

Civilian and military employees can sign up for or change their Thrift Savings Plan contribution amounts during the "open season" through June 30. This open season applies only to regular TSP contributions. It does not include TSP catch-up contributions, as they are not tied to open seasons. Contribution elections and/or changes made between April 15 and June 11 will take effect June 12 for service members and civilians. Changes made on or after June 12 will become effective at the beginning of the pay period following the one in which the election is made for civilians and the following month for military. Public Law 108-469, signed into law Dec. 21, will eliminate TSP open seasons. The Federal Retirement Thrift Investment Board is implementing this law July 1. As a result starting July 1 civilian employees and service members may start, change, stop or resume contributions at any time. For civilians, the elections will be effective at the beginning of the pay period following the one in which submitted, and for military members elections will be effective the following month. For more information, visit the TSP website at www.tsp.gov. (Courtesy of Military Report)

Free translation service

Program available for entire USAREUR family

Dealing with the many languages spoken and written in U.S. Army Europe's neighborhood — 93 sovereign nations, territories and a very significant part of the earth's surface — is a time-intensive and daunting task, on-duty and off.

Help has arrived: a comprehensive, no-cost translation service is available to all active duty and reserve Soldiers, DoD civilians and their families.

As the result of a cooperative effort between USAREUR, Army OneSource and their contractor, translation services are now available for the entire USAREUR family.

AOS will translate documents, flyers, Family Readiness Group newsletters, posters or any other printed materials into the language of your choice, facilitating communication with host nation personnel.

The translation service works both ways: bills, notes from landlords or foreign assembly instructions can now be made clear.

But foreign text does not necessarily need to be translated into English. If family members are more comfortable reading in another language, for example in Spanish, German or Korean, AOS will translate documents into your language of choice.

Are there limitations? Basically anything you are willing to have a stranger read, you can

have translated.

The only restriction to this service is that medical and legal documents cannot be translated. In the event a medical or legal document is sent to AOS it will be returned with a message noting the topic of the document and instructions to take it to either your servicing JAG office or medical treatment facility for translation, which is also free.

Currently there are three ways to access translation services.

✂ Documents can be scanned onto a flatbed scanner and sent as an email attachment. Scan the document in the normal manner and save it as a text file (.doc, .txt, etc). Then prepare a standard email to army.onesource@us.army.mil. Include the scanned document as an attachment. The body of the email needs to contain the following information for your request to be processed: Sponsor's branch (Army, Air Force), sponsor's rank, your gender, marital status, sponsor's status (AD/DoD Civilian, Reserve), your name, your status (AD, CIV, FM), return email address (ACS will provide you with a return email address if necessary.), sponsor's unit, language you wish document translated to, place where you are contacting AOS from (city, country), international phone number (op-

tional) and a message if desired.

✂ Or by special arrangement, and for a limited time, AOS can be contacted by fax to submit translation requests. You can download a fax cover sheet at www.hqusareur.army.mil/htmlinks/Press_Releases/2005/Mar2005/fax.pdf. In addition to the material to be translated, the above information needs to be included in the request. Fax your request to 001-(484) 530-5920, ATTN: Jeffery Polansky. You will receive your translation by way of return email.

✂ Method three is to use a digital sender at your ACS Office. They have been provided

to the main ACS office in each community. Instructions to operate the digital senders are available at the ACS office (in six different languages). ACS personnel are also there to assist. The cover sheet sent with the digital sender method should contain all of the information previously listed.

If you do not have access to an email account for the return of a document, your ACS staff will provide you with a return address you can use and contact you when your document is received.

A website with more information is available at www.per.hqusareur.army.mil/familyfocus/index.asp?family. (USAREUR Public Affairs)



Photo by Ulrike Raab

Getting back to nature

Evelyn Roth, a management agronomist with the 414th Base Support Battalion, shares her knowledge of plants with Springfield Elementary School third-graders during an Earth Day nature hike. See the next issue of the *Herald Union* for the story.

Summer Hire

Continued from page 1 Grace Ross, Human Support Services director.

"This is not just a program for the summer hires," said Ross. "It's also for the managers who have until June 1 to provide this office with a work plan." In the work plan managers are expected to show how the summer hires will be put to work and how their services will be used.

"We're also going to ask the summer hires to keep a journal describing the things they've

learned and accomplished and what went well or didn't go so well," said Ross, explaining that the youths will be asked to share their journal observations with their supervisors who will then discuss ways to improve the summer hire process.

"We'll have follow-up training on July 25," she said. At that time the journals will be discussed and the youths will receive additional training which may include learning how to put together a resume and videotaping practice interviews.

"It's all part of helping them prepare for the future."

"Collectively we will rate their first 20 days and where necessary, address what can be done to improve their performance over the final two weeks of the Summer Hire Program," Ross added.

But it won't be all work and no play.

As a part of the Army's continuing efforts to provide training across the workforce, Youth employees may also have an opportunity to learn conversa-

tional German on Fridays and celebrate the program's conclusion with a special event at the end of the program in August. "We want to have an out brief and a celebration," said Ross, explaining that the youths will get a chance to discuss how they'd like to conclude the program during the first-day orientation. "At the out brief, we'll also ask them for feedback to plan next year's program."

For more information about the Summer Hire Program visit www.chra.eur.army.mil.

News and features

Free summer camps to be held in Europe

Children of deployed service members will have the opportunity to go to camp this summer.

Operation Purple Camp Italia and Camp Bavaria will provide students with week-long and all-expense-paid camps incorporating activities specifically related to coping with deployments.

The camps are designed for youths whose parents are deployed, preparing to deploy or have recently returned from deployment. They are open to children whose parents serve in any branch of service.

Each camp will feature team building, recreational and leisure activities, creative art projects, a motivational speaker, forums for emotional awareness and self-expression and more. The camps are designed to strengthen resiliency and coping skills through healthy social relationships.

Operation Purple Camp Italia is for middle school youth grades six to eight, hosting one session on July 17-23 and another session July 24-30 both at Camp Darby, Italy.

Operation Purple Camp Bavaria is for high school youth grades nine to 12 with one session Aug. 21-27 and another Aug. 28 to Sept. 3, both in Garmisch.

Applications are available at youth centers and Army Community Service. They must be submitted before May 15 by mail to USA IMA-E/ATTN: IMEU-MWD-C/ Unit 29353, Box 200/APO AE 09014, emailed to purple@ima-e.army.mil or faxed to civ (06221) 57-8491.

Spaces are limited. Applicants will be prioritized based on sponsor's deployment status and then by date of receipt of the application.

Priority is given to children of currently deployed service members, followed by returned service members' children and finally children of service members pending deployment.

Selections will be made before the end of the school year.

For more details visit www.mwr-europe.com or call mil 370-7486, civ (06221) 57-7486. (IMA-E Public Affairs)

School bits ... School bits

Argonner Book fair

Argonner Elementary School hosts a Scholastic Book Fair from 8 a.m. to 2:30 p.m. May 3-6. After school purchases will be available May 4 until 4 p.m. and May 5 until 6 p.m. The fair will offer popular books and educational products for all ages. Parents, children, teachers and the entire community are invited. The PTA will use funds raised to purchase classroom resources and support school projects.

Spring Fun Run

Wiesbaden American Middle School will host a Spring Fun Run May 12 from 3:30-5 p.m. Middle schools from Darmstadt, Hanau, Heidelberg, Mannheim and Rhein-Main are expected to participate.

Free concert

General H.H. Arnold High School's Warrior Band and Chorus will perform their spring concert May 2 at 7 p.m. The free program will feature American music with an accent on jazz and is open to the German and American public. Call Steve Fedric at mil 337-6319 for location and other details. (DODDS-E Release)

Summer school

The Department of Defense Dependents Schools-Europe will offer a four-week, half-day summer school program July 5-29 for students in kindergarten through eighth grade. The program is not a remedial program. It is designed to support and reinforce student learning through fun and engaging activities. Registration forms and additional information are available from all DoDDS-E school offices. High school students will be able to pursue remedial study through online coursework in biology, earth science, algebra, geometry, English, world history and U.S. history. The courses are for students who lack credits for graduation or need to repair failing grades. For more information contact local

schools. (DODDS-E Release)

National award

Ramon Angel Ortiz Jr. from Huntsville, Ala., has been named a U.S. National Award Winner in Science. Ortiz, who attends New Century Technology High School, was nominated for the award by Jennifer Sims, a teacher at the school. Ortiz is the son of Master Sgt. Ramon and Carmen Ortiz, 485th Corps Support Battalion in Hanau.

AP tests in May

High school students are gearing up for Advanced Placement Program tests in May. In addition to course work that can earn successful students credit in their undergraduate careers after graduation, the program offers a range of Scholar Awards to recognize high levels of achievement. A broad range of subjects in both the arts and sciences are available for students to choose from. They range from English language and composition through biology and chemistry to U.S. and world history. Call Marjorie Rodman at mil 338-7807 for details on the Department of Defense Dependents Schools-Europe AP Program or see <http://apcentral.collegeboard.com> for more information. (DODDS-E Release)

Career Day

The School Home Partnership Committee sponsors a Career Day at Argonner Elementary School May 6. Community members are needed to share information about their careers. Call Ms. Walls or Ms. James at civ (06181) 9069852.

Showcase submissions sought

Showcase, the annual anthology of student art and literature, seeks submissions for the 2005 edition. Interested students should consult with their school art and literature teachers regarding the submission process. (DODDS-E Release)

Wrestling, volleyball camps

Ramstein High School will

host the 2005 European wrestling camp June 27 to July 1 for students who will be in grades nine through 12 next school year. For more information call Dave Izzo at mil 480-6951. Aviano High School will host the 2005 European volleyball camp Aug. 8-12 for girls in grades nine through 12 next school year. Call Pam Hillestad at mil 632-5877 for details.

Teacher of the Year nominations

Nominations for the Department of Defense Education Activity 2006 National Teacher of the Year Program are now being accepted. Each district may select one teacher to be considered to represent DoDEA in the national level program. A peer, administrator, parent or student may nominate a teacher by writing a letter to the teacher's principal explaining why the teacher is worthy. If nominated teachers will be encouraged to complete the application process which must be submitted to the district superintendent through the principal by May 9.

PTSA leaders

Wiesbaden American Middle School seeks members willing to serve as elected Parent Teacher Student Association board or subcommittee members. Elections will be held in the school media center May 11 at 5:30 p.m. Pick up nomination forms at the middle school or Hainerberg Elementary School offices. They must be submitted by May 6. Call Ruth Hale at civ (06134) 284 224 for more information.

Transition training

Department of Defense Dependents Schools-Europe guidance counselors and school liaison officers from the Heidelberg District will receive training in May aimed at mitigating the effects of frequent moves on military and civilian children overseas. For more information about the training call Juanita Harvin at civ (06221) 677 326.



Serve your family healthy snacks

By Carrie Williams
Defense Commissary Agency

Snacking sometimes gets a bad rap. Our “junk food” culture instills in many people the idea that snacking is bad. In fact, if done wisely, snacking is the opportunity for our bodies to refuel in between meals.

A snack-savvy consumer will fill the pantry and refrigerator with these items from the commissary: cheese, nuts, cereal and granola, milk and yogurt, peanut butter and jelly, fresh fruits and vegetables, bread products including English muffins, frozen biscuits and bagels, and boxed gelatin.

For children, snacking can be not only nutritionally sound, but necessary. Children need to refuel their growing, active bodies many times throughout the day, and their small stomachs are suited for frequent, small portions.

Involve the children in the search for healthy items at the commissary. Let them help pick out ingredients. Engage them in assisting with snack preparation in the kitchen.

Plan snacks as part of the daily food plan. Snacks should be mini-meals. They should be small, but satisfying. Serve small portions and provide more if they ask. Dole out snacks at the same time each day, but not too close to meal times. Use a clock or timer with your child to determine snack times; the benefit is twofold: the child learns to tell time and becomes mindful of the regularity of snack times. Midmorning and midafternoon are appropriate snack times.

Prepare extra servings at meal times to be saved for snacks later. Set aside a “snack spot” in the refrigerator and cupboard and keep it stocked with nutritious, ready-to-eat snacks.

Remember your food habits set the example for your children. Make healthy snack choices for yourself as well as for your children. Don't let children nibble all day long and never offer food as a reward for good behavior. Limit intake of

sweet beverages and avoid caffeine-containing beverages such as coffee, tea and some sodas.

The healthiest snacks do not include a lot of refined sugars or carbohydrates such as chips, cookies and crackers, which are high in fat and low in protein. When using yogurt or other dairy ingredients in snack preparation, opt for the nonfat or low-fat versions.

Here are some quick snack ideas for the young at heart:

☛ **Ants on a log:** Wash and cut two celery stalks into pieces (about five inches long). Spread peanut butter in u-shaped part of the celery, from one end to the other. Press raisins into the peanut butter.

☛ **Stuffed apple:** Core and remove seeds from an apple. Stuff with peanut butter.

☛ **Healthy “ice cream” sandwich:** Spread yogurt between graham crackers, then wrap and freeze.

☛ **Breakfast banana split:** Top a split banana with yogurt or cottage cheese and sprinkle with toppings such as fresh berries and crunchy cereal.

☛ **Tuna boat:** Hollow out a peeled cucumber and fill with tuna salad. Hoist the sails using triangles of cheese on toothpicks.

☛ **Rabbit rollups:** Spread a creamy salad dressing on a large lettuce leaf and layer with meat, cheese and cucumbers sliced thin. Roll and serve.

☛ **Sandwich shapes:** Use a cookie cutter to make interesting shapes out of an ordinary sandwich, no matter the filling.

☛ **Plain old summer fruit:** Watermelon, strawberries, kiwi, pineapple. Wash it, slice it and serve. What could be healthier?

☛ **Fruit shakes:** Blend ½ cup yogurt with ½ cup fresh fruit juice.

☛ **Banana yogi-sicles:** Peel a banana and stick a Popsicle stick in one end. Dip the banana in yogurt and roll in crushed breakfast cereal.

☛ **Cereal parfait:** Layer yogurt, fruit and whole grain cereal in a cup.



Photo by Debbie Byerly

Dancing the night away

Emmanuel Nunez and Dominic Snyder spin their way across the stage and into the hearts of a cheering crowd winning first place at General H.H. Arnold High School's Talent Show. Held at the Taunus Movie Theater April 7, all contestants modeled Army and Air Force Exchange Service's spring fashions while performing and received a \$10 AAFES gift card and food coupons. Selling more than 300 tickets, the show helped raise funds for this year's Senior Class Prom.